More Resources

Here are some more resources to aid you in your quest for a happier and healthier lifestyle.

- Visit choosemyplate.gov for great information on a healthy eating style. Click on the “Start with Small Changes” button under the “Healthy Eating Style” for some simple ideas to reach your goals.
- Want more information on the Mediterranean diet and lifestyle? Visit oldwaysspt.org for recipes, handouts, and tips about shopping and cooking.
- Find plant-based recipes by Sharon Palmer, the Plant-Powered Dietitian. Visit sharonpalmer.com, sign up for her newsletter, and take a look at her amazing book, “The Plant-Powered Diet.”
- Check out dishupusu.blogspot.com for more tips and recipes!